

and maladaptation, which may be caused by cognitive gaps, excessive use of the Internet, insufficient social support systems and psychological resilience. In this paper, taking a university student as the survey object, the social support scale, the psychological resilience scale, the anxiety self-assessment scale and the depression self-assessment scale were used to survey 500 students in a vocational college, and 450 valid questionnaires were collected, and the relevant analysis and multiple regression analysis methods were used to study the impact of psychological toughness on the direct regulation of social support on their mental health. Through research, it is found that the psychological anxiety problems of college students during the normalization of epidemic prevention and control are still relatively common, and colleges and universities have set up psychological assistance hotlines, psychological counseling rooms, online consultations, mental health knowledge pushes, psychological books and video production to provide students with timely psychological relief and guidance, screening and intervening in psychological crises, reducing psychological pressure, and resolving contradictions and disputes. Especially for some students with high incidence of the epidemic and poor families, it is very necessary to give students timely psychological counseling. Public health emergencies in colleges and universities are not only health crisis events but also major psychological crisis events, psychological debugging countermeasures during the epidemic and psychological repair after the end of the epidemic are very important.

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## PSYCHOLOGICAL DISORDERS AND SOCIAL BEHAVIOR PROBLEMS OF INTERNATIONAL STUDENTS IN CHINA

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The difference between the accumulation of inner culture and the migration of external culture can easily lead to the impact and vibration of people's psychology, which is called "cultural shock". Cultural shock is easy to cause international students to have deep anxiety in psychology, and if this deep anxiety is not overcome and eliminated in time, it may lead to various psychological disorders or social behavior problems (such as some people even take harmful behaviors to vent), so that they cause serious harm and consequences to themselves or others, resulting in a real crisis. Psychological disorder refers to the mental illness of the individual who is unable to act in a socially approved and appropriate manner, resulting in a certain negative impact on himself and society by the consequences of his behavior, and the psychological disorder generally includes three situations: First, psychological dysfunction. Refers to impairment of cognitive-emotional or behavioral functions; Second, personal suffering. The condition causes a certain amount of suffering to the individual; Third, atypical or uncultural expectations. Through the survey, this paper finds that the root cause of the problems in cross-cultural adaptation of international students in China is cultural differences. Cultural differences, in short, cultural differences between different countries and different peoples, this difference is the coexistence of diversity and implicitness. Language, ethnicity, customs, and religious beliefs are all explicit differences, and implicit differences are expressed through the behavior and spiritual achievements of artificially transforming nature and society, including thinking patterns, social norms, and values. If international students in China cannot overcome the various difficulties caused by cultural differences in the process of adaptation, it is often easy to cause different degrees of incompetence, frustration, depression and anxiety to these international students, which in turn leads to more serious psychological disorders such as emotional disorders and personality disorders. Considering the particularity of international students, qualified institutions can set up psychological counseling institutions for international students and hire experienced counselors to provide cross-cultural psychological counseling for international students. Give different attention to international students in different countries and at different times; Psychological assistance is provided not only to international students at the individual level, but also to international students as a group. At the same time, it is necessary to train the relevant psychological knowledge of the relevant staff of international students, including teachers, so that they can discover and prevent some psychological problems and obstacles of international students in practice. Finally, psychological measurements are regularly or irregularly at various stages of cultural adaptation of international students, so as to dynamically grasp the psychological state of international students in real time as much as possible, and timely guide and eliminate their psychological problems.

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## **EXPLORE THE STUDY OF COLLEGE STUDENTS' ENGLISH MENTAL DISORDER KNOWLEDGE UNDER THE BACKGROUND OF TEACHING REFORM AND INNOVATION**

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English learning is a psychological cognitive activity, but also a thought creation and social interaction activity, it necessarily involves emotions. Positive emotions promote language learning, negative emotions hinder language learning. Traditional English learning instruction ignores emotional issues and leads to psychological barriers in students' learning. The so-called learning psychological disorder refers to a phenomenon that has obvious defects in the learning process that requires specific learning skills. Learning psychological disorder does not refer to the end result of feeling, movement, intelligence, emotional disorders, or the absence of learning opportunities, it is actually more like a process. Basic learning processes include perception, integration, oral or non-verbal expression. This paper mainly aims at the problems existing in the current students' English learning, and uses the literature method, questionnaire method, interview method and other methods to conduct serious research and propose targeted solutions. The researchers first consulted the relevant Chinese and foreign literature on learning disabilities and English learning disabilities, and summarized and analyzed the current research on English learning disabilities at home and abroad. Finally, on the basis of in-depth analysis of the survey and interview results, various forms of improvement strategies are given to stimulate students' internal motivation to learn English, and give play to the leading role of teachers in students' English learning. Based on cognitive psychology, the obstacles to English learning are analyzed from three aspects: physiological, psychological, and objective conditions, and then based on the characteristics of students in terms of attention, memory, thinking and language, foreign language teaching methods suitable for college students are proposed: select appropriate teaching materials and improve teaching methods; Eliminate fear and stimulate learning motivation; Cultivate self-learning ability to achieve lifelong learning.

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## **WORLD-CLASS UNIVERSITIES BUILD ONLINE PSYCHOLOGICAL COUNSELING AND EMPIRICAL RESEARCH ON THE EFFECTIVENESS OF PSYCHOLOGICAL INTERVENTIONS**

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With the development of the global economy and society, college students around the world are facing more and more pressure in all aspects, such as learning pressure, role conversion, communication difficulties, emotional confusion, employment difficulties, etc., because these pressures can not be correctly handled will lead to more and more mental health problems of college students, and today's society is in a high-speed development of the information age, in the university campus, online chat, BBS, Weibo, etc. have become an integral part of university life. In this situation, give full play to the advantages of internet speed and convenience, make up for the shortcomings of traditional psychological counseling methods, some world-class universities have established online psychological counseling systems, which not only provide professional psychological counseling services for students in real time, but also have great significance in the protection of students' privacy and the maintenance of self-esteem, improving the enthusiasm of students to actively participate in psychological counseling activities, under the guidance of psychological counseling teachers, effectively solve mental health problems and form a sound personality. Thus playing a positive role in promoting them to successfully complete their studies and enter the society. A university undergraduate student was selected as the object, 1000 questionnaires were issued, divided into experimental group and control group according to whether online psychological counseling was received, and then the two groups were divided into healthy groups and unhealthy groups according to the symptom self-assessment scale (SCL-90) pre-test, and compared through the SCL-90 before and after test. After the results of the intervention, there were significant differences in somatization, compulsion, interpersonal sensitivity, fear, psychoticity, other factors and overall scores in